

Emma

Emma is 26 and she lives in Miami . She is a kind and loving person. She is family oriented and loves to spend time with her grandmother and lend her a helping hand. Emma enjoys helping her grandmother cook and clean when she has time. She has a lot of friends and she loves to hang out with them as well as her family (especially her sister).

Emma has a diagnosis of Autism and receives supported living in an apartment with two other roommates who also receive community living supports. She previously lived with her grandparents and is excited to finally be out on her own. Emma completed an internship and now has a job at a local medical center. Her goal in life is to be an advocate for other people who have disabilities and help them reach their goals.

It is important for Emma to have friends, and to socialize, and be able to take care of people. She loves her job at the medical center and she is very proud of the work that she does. Emma enjoys interacting with patients and feels happy when she can make their day a little bit brighter. Emma also enjoys spending time at her church, writing, and doing crafts. Emma's biggest passion is being an inspiration to others and helping other people advocate for themselves.

Emma would like to explore options for some kind of college experience and thinks she would enjoy studying Public Relations; however, she isn't sure if that is what will help her meet her goals of helping others and advocating for people with disabilities.

Emma appreciates when people are patient and communicate directly with her. If she gets overwhelmed she will get flustered and shut down. It is important for Emma to be able to take a break and regroup if this happens. Often times Emma needs to take a quick break or go for a walk in order to get herself focused again. If Emma is feeling overwhelmed she will "go into her shell" as she puts it and not return calls, texts, etc. She may even miss work. It is important for someone (either support staff or family) to talk to her and figure out what is bothering her.

Emma needs her employer to notify her of any schedule changes whenever (and as soon as) possible so she can prepare for them. Routine is very important to Emma and any changes without notification could cause her to experience a lot of anxiety. Emma enjoys the challenge of learning new skills but needs the opportunity to practice them in her day to day life.

Emma needs support with her weekly budgeting, grocery shopping, and transportation to and from work and community activities. She also wants support on the job to ensure everything is going well and she can communicate any needs to her employer.

Emma has asthma and it is important that she is not around any cigarette smoke. She always has her inhaler with her in case she needs it.

Emma also has a diagnosis of Generalized Anxiety Disorder and she says this interferes with her day to day life. She says that she often feels scared at her home when her staff and roommates are not home. She would like to get cameras installed in the apartment but her roommates are not in agreement. She is also exploring the idea of a “ring doorbell”. She feels anxious about utilizing public transportation such as Uber, Lyft, etc and this prevents her from going to all the activities that she would like to. However, Emma feels like she could get comfortable with the bus system if she practiced and learned the routes. Emma does not take her anxiety medication routinely because she does not feel like she needs it. She does have a primary care physician and psychiatrist who are encouraging her to take her medication; however, she is still not sure she wants to.

Emma’s grandmother is currently her rep payee and makes her financial decisions. She is very good about talking things through with Emma related to her finances and life in general. Emma would like to learn more about money management so she can learn to manage her own finances. She uses her SSI to pay for her rent and utilities but also has some income from her job. Emma would like to learn how to use a debit or credit card.